



2019
WIC Farmers' Markets & Stands



Auburn

Auburn Farmer's Market
131 Main Street
Wed 4:30pm-7:30pm

Blackie's Farm Stand
966 Minot Avenue
Daily 6am-6pm

Four Seasons Farm Market
#9 third St
Tues-Fri 10am-6pm
Sat 10am-4pm

Whiting Farm
876 Summer St
Sat-Sun 9am-4:30
Mon-Fri 9am-5:30pm

Bridgton
Bridgton Farmers' Market
12 Depot St.
Sat 8am-1pm

Farmington
Farmington Farmers' Market
129 Main St.
Sat 9am-12pm

Lewiston
Kennedy Park Farmers Market
Kennedy Park (Bates and Pine St)
Tuesday 2-5pm

Lewiston Farmers Market
Main and Lincoln St
Sunday 10am-1:30pm

Livermore/Livermore Falls
Berry Fruit Farm
361 Crash Rd.
Mon-Sat (Except Wed) 8am-5pm
Sunday 10am-3pm

Berry Fruit Farm Market and Bakery
54 Main St.
Mon-Fri 6am-6pm
Sat 8am-4pm

Lisbon
Littlefield Road Farm Stand
76 Littlefield Rd
Daily 6am-7pm

Norway
Norway Farmers' Market
255 Main St.
Thurs 2-6pm

Oxford
Beacon Blessings
26 Beacon Hill
Mon-Wed 2-6pm Friday 8am-6pm
Sat 8am-2pm Sun 8am-4pm

Smedberg's Crystal Spring Farm
1408 Main St.
Daily 8am-6pm

Poland
Verrill's Vegetable Stand
270 Bailey Hill Road
Daily 8am-8pm

Sweden
Pietree Orchard
803 Waterford Rd.
Daily 9am-5pm

Sabattus
Jillson's Farm
143 Jordan Bridge Rd
Daily 9am-6pm

Willow Pond Farm 395
Middle Rd
Daily 9am-5pm

Wayne
Stephen's Strawberries
271 Tucker Rd
Daily 7am-7pm

Wayne Farmers' Market
516 Main St.
Sat 9am-12pm

Wilton
Wilton Blueberry Farm
87 McLaughlin Rd
Daily 8am-4pm

Using WIC Farmer's Market Checks

Bring Your:

- ID (personal identification)
- WIC folder/ Participant Booklet
- A box or bag to carry the produce

At the market:

- Look for WIC signs. Those farmers accept WIC checks.
- If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC checks.
- Feel free to shop around before using your checks.
- Enjoy the outdoors and music!

Important

- You can use more than one check at a time.
- The farmer cannot give money back for the checks.
- You can use your own money if the total is more than the WIC check.
- Monthly WIC fruit and vegetable checks can also be used at WIC approved farmer's markets.
- You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call 207.795.4016
or visit WICforME.com

10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

WIC is a program of Western Maine Community Action. It is Western Maine Community Action's mission to advocate for, strengthen, and coordinate all resources – private, local, state, and federal – that will assist us in promoting the self-sufficiency of people. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion or national origin.



2019 WIC Farmers' Guide

